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January thrills
See winter tobogganing photos and Abbey Gardens' Full Moon Shenanigans on pages 3 and 4.

The miraculous Wood Frog
Learn about how Wood Frogs survive freezing temperatures on page 5.

A century ago
Janet Trull reflects on the year 1923 on page 8.

Water begins to freeze on shore on a chilly winter day. /Submitted by Michael Rayias

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Writing on the Senior Side

You know you are old when…

GAIL STELTER
Special to *County Life*

Sometimes I think, "You know you are old when…" and I smile. Like the time I couldn't find my glasses. I smile when I realize that no, they are not on the top of my head, they are on my eyes. Sometimes I think, "You know you are old when," and I am annoyed and frustrated. Like the time when I found a wonderful picture that I had misplaced. It was a picture taken at Union Station on Sept. 11, 1945 when thousands of Canadian soldiers were returning home after the war. It is a picture of my dad the first time he meets his son. It's a remarkable picture of love and joy! I thought I would use this picture to accompany the story I am writing about my parents. I think you may know why I was annoyed and frustrated. I put that picture in a safe place, and now I can't find it.

Sometimes I think, "You know you are old when," and I sigh; a long slow and almost moanful sign. That is what is happening now as I live the winter months. When did winter stop being enjoyable outdoor activities and pursuits? I know I am old when winter takes on worries of falling on ice, driving in snow storms and finding it hard to breathe when I'm out in the cold.

I do like winter for a little while. I do appreciate the beauty of a gentle snowfall and the winter wonderland that greets me the morning after. I do love the smell and sight of the wood burning fire and the quiet of a winter afternoon reading a book, writing my stories and watching the deer in the yard. I do appreciate all the winter enthusiasts, especially seniors, who ski, snowshoe and hike. Kudos to them, but I cannot wait for spring. I saw a quote recently that said, "All I want for Christmas is June." I laughed, and I thought April would be fine!

There was a time, a special winter time, a March break ski holiday to Killington, Vermont. We bought ski passes for Peter and our children, and my plan was to stay warm inside and read books. When we got to the desk to pick up our passes, the gentleman said, " What about you? Aren't you going to ski?"

My kids all started to laugh, "Mom doesn't ski."

I didn't think it was too funny. He went on to say, "We have classes for all ages and first time skiers."

They were still laughing when I said, "Sign me up!"

I was 40 years old. I thought I was too old to learn to ski. Strange how that doesn't seem too old now. Strange how that seems very young now! Each day, I had a lesson in the morning and spent the afternoon practicing on the baby hill. Peter and the kids did the more exciting moguls and black diamond runs. Near the end of the week, I used a chair lift to meet them where a photographer was taking skiing portrait pictures, and that family picture is not only a keeper, but also proof!

At the end of the week, my instructor took our group up, two chairlifts up, to the top of Killington Mountain, and we skied all the way down. Okay, we took the slow route: "Wanderer." He gave each of us a pin to celebrate our accomplishment. I still have that pin in my jewelry box. I guess I should have thrown it away by now, but I will let them throw it away when I am gone, and when they do, perhaps they will smile as they remember that wonderful March Break holiday.

One of the best outcomes of learning to ski was taking part in school ski trips. The kids in my school were quite surprised to see their principal; to see me skiing. I loved being with the kids outside the classroom, and an escape from my office was always a bonus. A year or two later, we did another family ski weekend outing to Deerhurst, Huntsville. I was sitting on the chair lift with my son on one side and his friend on the other, and I was so preoccupied with making sure they got off safely, I forgot to get off. That mom thing sometimes causes me needless difficulty. So, I jumped off just before the chair made a turn and I landed on my back. Not really hurt; OK just somewhat hurt. I reconsidered that maybe I was too old for this skiing after all. It was fun while it lasted, but unlike skating, I have no desire to go back.

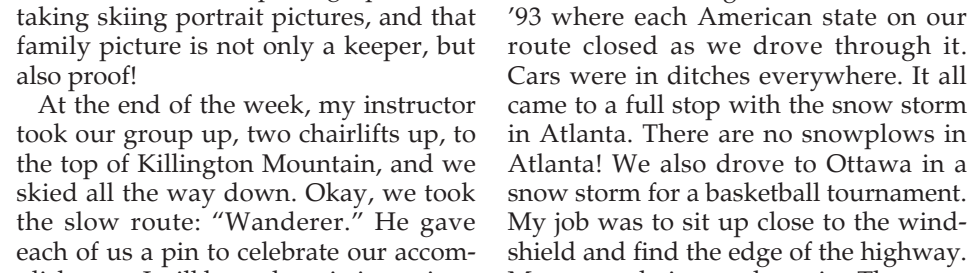
I fell in the deep snow a few years ago, before knee replacements, and called out, "Help, I've fallen and I can't get up!" I laughed, but I also had a feeling of helplessness. Thankfully, Peter was close by, and although it took a few tries, he did get me upright. Now with my titanium knees, I think I if I fall, I can get up on my own. Of course, I hope I with not have to find out.

I know I am old when winter driving is fraught with images of fright. I am guessing that all of you have not made it to senior-hood without at least one frightening winter driving experience. It's a Canadian thing, after all. Let's not forget that before the drive, there is walking gingerly to the car. We have all heard the stories of seniors falling on a patch of ice in the driveway. We have all experienced those *Star Wars* snowflakes flying into the windshield. If it wasn't so treacherous, it would be so beautiful.

We drove through the winter storm '93 where each American state on our route closed as we drove through it. Cars were in ditches everywhere. It all came to a full stop with the snow storm in Atlanta. There are no snowplows in Atlanta! We also drove to Ottawa in a snow storm for a basketball tournament. My job was to sit up close to the windshield and find the edge of the highway. More grey hairs on that trip. The most unusual winter driving, however, was in January in Tennessee from Nashville to Memphis (We were going to Graceland, and that's another story). The roads were completely dry. It had snowed a couple of days before. It was cold. It was -12 Celsius. All the electronic overhead road signs read, "Dangerously Cold. Limit your Trips." We thought this was ridiculously funny. Can you imagine if all the electronic signs on Hwy 401 posted this warning every time the temperature hit -12 Celsius?

Most of the time, I think, "I know I am old when," and I feel thankful. I am thankful to be alive when I can't find my glasses; when I misplace a family picture; and, even when I drive in winter snowstorms. I am thankful that my present day gentle walks around Head Lake Park are a perfect replacement for skiing.

Our senior lives are full. Ultimately, we are thankful to be able to say, "You know you are old when."



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For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Family snow fun
Brayden Miscio speeds down the toboggan hill at Glebe Park on Saturday, Jan. 7. /VIVIAN COLLINGS Staff

Fynnley Miscio gets air off a jump while tobogganing.

Rylie Miscio tries out a snowboard for her birthday while spending time with her family in Glebe Park.

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Under the Wolf Moon

More than a dozen highlanders braved the first frigid night of 2023 and trekked through Abbey Gardens under the Wolf Moon on Saturday, Jan. 7. Hosted by Haliburton Highlands Brewing, trekkers were treated to a guided walk under the full moon before returning to the brewery for drinks and s'mores around a bonfire and boardgames inside.

Lead guide Sara Veenhof shares some tidbits of history of Abbey Gardens while trekkers take in the full moon.

Right, lead guide Sara Veenhof shares some tidbits of history of Abbey Gardens while trekkers take in the full moon.

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Visit **www.dysartetal.ca/28days** for more details including where to pickup a passport starting in mid January.

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Community Events

Send your event listing to classifieds@haliburtonpress.com

Haliburton Highlands Writer's and Editor's Network

When: HHWEN regular meeting the third Thursday of every month. Starting Dec. 15 from 1 to 3 p.m.
Where: Minden Library, Rotary Room, 176 Bobcaygeon Rd., Minden.
Gather and meet members, read stories, general news. Contact Kay Millard, Secretary HHWEN, 705-286-6635

"Love your Lake" 2023 Spring Zoom Seminar Series

Jan 25th at 7:30-8:30
Topic is Wonders of the Night Sky
Speaker is Howard Simkover
Register at www.lko.ca

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

How do Wood Frogs survive winter?

CLEM GROB

Special to *County Life*

With temperatures plummeting, many birds head south for the winter. Flightless animals are not capable of such long-distance travels, so instead, they opt for hibernation, braving the cold, or something in between.

Most amphibians chose either underground or underwater. For example, toads burrow themselves nearly two feet underground to hibernate below the frost line for the winter. Meanwhile, most turtles and frogs spend the winter underwater, where they avoid freezing. Ice crystals can damage their tissues, but being covered in mud restricts oxygen access, so they typically lie on the bottom surface for the best of both worlds.

Wood Frogs are a unique amphibian that use a totally different survival strategy; they simply allow their bodies to freeze and thaw with the winter temperatures. These frogs find themselves covered by a thin layer of leaf litter in the winter, exposed to the elements and freezing temperatures. When freezing temperatures reach the frog, the frog's body freezes and the animal is in a frozen, apparently dead state.

The first water to freeze is the water on the outside of the frog's cells (the cell wall acts as a small insulating barrier). This decreases the concentration of liquid water outside of the cell, and water begins to flow out of the cells to equalize this. This water outside of the cells continues to freeze, until most of the water has left the cell.

At this point, if it were a human, or almost any other animal, this shrinkage would cause cell death, and the affected area would have frostbite. However, wood frogs have special proteins in their blood called "nucleating proteins" that prevent the cells from shrinking and dying.

Under freezing temperatures, nucleating proteins cause the frog's liver to release more glucose and begin storing it within the cells. This glucose begins to build up within the cells as the water is leaving, causing the shape and structure of the cell to remain the same. Over time, the inside of the cell becomes highly concentrated with glucose, and the outside of the cell highly concentrated with water, all of which is frozen. The high concentration of glucose within the cell forms a syrup like substance, which further discourages ice formation.

Suprisingly, this frozen state occurs to the entire frog, meaning the heart stops beating and all bodily functions stop. Wood Frogs are able to resume these functions once the ice has thawed outside their cells, and the process is slowly reversed. Thanks to the nucleating proteins, Wood Frogs can freeze and thaw as many times as the weather does.

Although this may seem like an unpleasant way to spend the winter, this strategy allows these frogs to avoid desperate times. We all like to spend our winters differently; Some people move south, some like to stay inside, while others, like the Wood Frog, like to experience the change in weather head-on. How do you like to survive the winter?

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Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

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CMCA AUDITED

A gentler approach to resolutions

KATE BUTLER
Special to *County Life*

AS I WRITE this, we're well into the month of January and a shiny new year. Did you make any New Year's resolutions, and if so, how are they going? I recently came across a figure which suggested that only nine per cent of the resolutions made each year are seen through to the end of the year and one quarter are abandoned within the first week. Now, I don't say this to deter you in any way, but to perhaps encourage you to look at resolutions in a different way, if yours haven't been going according to plan.

I think there's much to be said for a gentle start to the year. There is no harm in easing our way into 365 days of possibilities. Traditional resolutions force big changes all at once, and those are often changes which we see as having long range benefits, but which in the short term feel like quite hard work.

It's no surprise that so many fail. The failure of a resolution makes many people feel like throwing their hands up in the air and declaring that it's not worth even trying, or at least not trying again until the following Jan. 1 rolls around. Rather than doing it all at once, what if we took small steps instead? Aiming for a new fitness habit? Going from zero to sixty instantly isn't necessary.

On days when motivation is hard to come by, try a stroll if you don't feel like running. On days when

even that isn't happening, simply acknowledge that it's an off day, rather than believing that you've completely failed in your goals. The time may simply not be right for you, and you can pick things up at a later juncture or even begin completely anew at another point in the year.

In truth, though our year may start on Jan. 1, it's possibly one of the most illogical times to try to take on big changes, and the pressure of needing to correspond to that one particular point in time frustrates so much progress. When we look around the natural world, winter is a time of rest.

Some animals hibernate the whole winter, while others stock up on food before the snow flies to help them get through to brighter and warmer days. Some trees simply focus on conserving their energy in anticipation of spring, while plants keep themselves tucked under the blanket of snow throughout the colder months.

Throughout history, winter has, in many cultures, been a time of relative rest. Moving in tandem with the agricultural year meant that winter could be an opportunity for a bit of respite, if one had prepared for it properly, and a chance to prepare for a new growing season ahead. If you have ideas for great resolutions, but simply find it difficult to get started this time of year, be gentle with yourself and simply use this time to make some plans.

When spring arrives, you may feel more motivated and won't have the frustration of failed resolutions behind you. Don't forget that showing kindness to yourself is also a wonderful resolution. Take some time this winter to think of all you accomplished last year and how far you've already come.

It's a much healthier place from which to embark on new habits. So, let's continue our trip into 2023 focusing on the positive, sharing good things and encouraging each other – it's going to be a great year!

Top 10 reasons why snow shoveling is an important thing to do

TO BE CLEAR, I am not a huge fan of shoveling snow. Having said that, there are times when snow shoveling is one of those necessary evils – like laughing at the stupid joke your auditor just made. I know you don't want to hear it, but here the top 10 reasons for shovelling snow.

STEVE GALEA
Humour Columnist

1. Still better than binge-watching from binge-watching *The Real Housewives of Beverly Hills*.
2. It's always nice to see your car again.
3. Demonstrating enjoyment of snow shoveling is a solid part of any future insanity defense.
4. The person you love is a huge fan of snowbanks.
5. Want to see how quickly the novelty of that new shovel will wear off.
6. When you get in and complain about all your pains, your case for a snow blower will only be stronger.
7. The money you save in ploughing fees pays for the painkillers.
8. Helps you invent new yoga moves like the downward dig.
9. To see for yourself if there's no business like snow business.
10. It's great practice for when you finally buy that volcano-adjacent vacation property in Hawaii.

It's snowing on my bed

When day turned grim and unexpected
Time was warped and disconnected
Our turn then to know the grief
Of fire, that pernicious thief
Who played its grand destructive game
And took from us our house in name
Extinguished Bluebird Cottage whole
And left three dwellers to console
Yet every visit there until
Full healing can its space refill
Brings fortitude and faithful track
With two steps forward, one step back

Some scary holes in roof leave space
For snow to drop into the place
Where smoke alarms still strangely beep
As if they mustn't fall asleep
But soon they won't make sound at all
Since building will be helped to fall
Re-building is communal plan
To carry on as we began
So one day on its place of birth
A new home will arise from earth
To safely cosset dwellers three
Who from their sadness shall walk free

Deborah J. Reed

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1923

JANET TRULL
Special to *County Life*

One hundred years ago, Canadians enjoyed a brief respite from adversity. In 1923, fashion was fun and music was lively. Miraculously, you could listen to a hockey game on the radio in the comfort of your own living room. No, the Leafs did not win the cup that year. The Senators did.

The world deserved a little fun after a horrible war and a plague that killed 21 million, and I think we deserve some fun too, in 2023. As COVID drags on with variants galore, I have been thinking about our four grandmothers, mine and my husband's, all born between 1890 and 1900. Dora, Isobel, Edith and Mina.

Two of the grandmothers trained as nurses. Nurses were in high demand. Young men were returning from the war in Europe, maimed and shellshocked, their lungs ruined from mustard gas. Isobel and Mina graduated with white caps and black capes just as hospital wards started overflowing with victims of the "Spanish Flu." The other grandmothers worked too. Edith was a seamstress. Dora was a clerk in her father's stationary shop. They married our four grandfathers and started their families just in time for the stock market to crash in 1929. Some lost their homes. Some lost their businesses. All of them managed to scrape by and raise their kids to adulthood. Lucky for us.

Through the Great Depression and another World War, the grandmothers took pride in keeping people fed. Their kitchens were warm and welcoming. There was always a tin of cookies and a cup of tea. If a hobo knocked at the back door, he got a sandwich and a nickel and a reminder to call his mother. Grandmothers smelled like gravy. They wore aprons with big pockets stuffed with perfumed hankies and humbugs. Did the grandmothers like to cook? No one ever asked them.

The four grandmothers were proper ladies. Gentle and kind. I'm afraid we may have disappointed them with our long hair, rock 'n roll music, and hot pants, but they never openly criticized us, unless it was to offer reminders about posture or table manners or grammar.

This quote from *Grapes of Wrath about Ma Joad*, exemplifies the stoic women of their generation.

"She seemed to know, to accept, to welcome her position, the citadel of the family, the strong place that could not be taken. And since old Tom and the children could not know hurt or fear unless she acknowledged hurt or fear, she had practiced denying them in herself. And since, when a joyful thing happened, they looked to see whether joy was on her, it was her habit to build laughter out of inadequate materials… She seemed to know that if she swayed the family shook, and if she ever deeply wavered or despaired the family would fall."

The grandmothers were reliable women of strong character. Through plagues and wars and waves of social change, they got dinner on the table, no matter what. Even if it was hard. Even if they didn't feel like. How would we know? They never complained.

Edith Trull and Dora Gatecliff stand in front of Gull Lake in 1956. /Submitted by Janet Trull

A lot changes in one hundred years. A lot stays the same. 1923 was a good year in a tough century. I hope the grandmothers bobbed their hair and danced the Charleston and had a little fun. I've made up my mind to enjoy 2023. 2123 is looking iffy.

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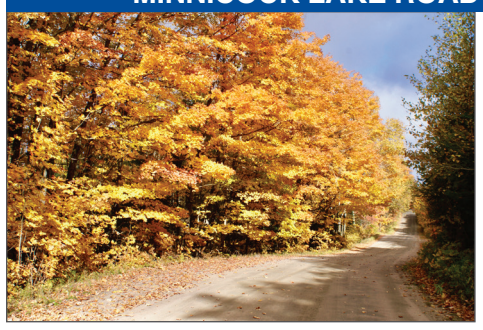

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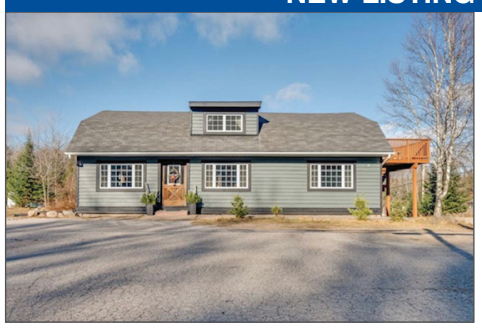

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Nature in your backyard

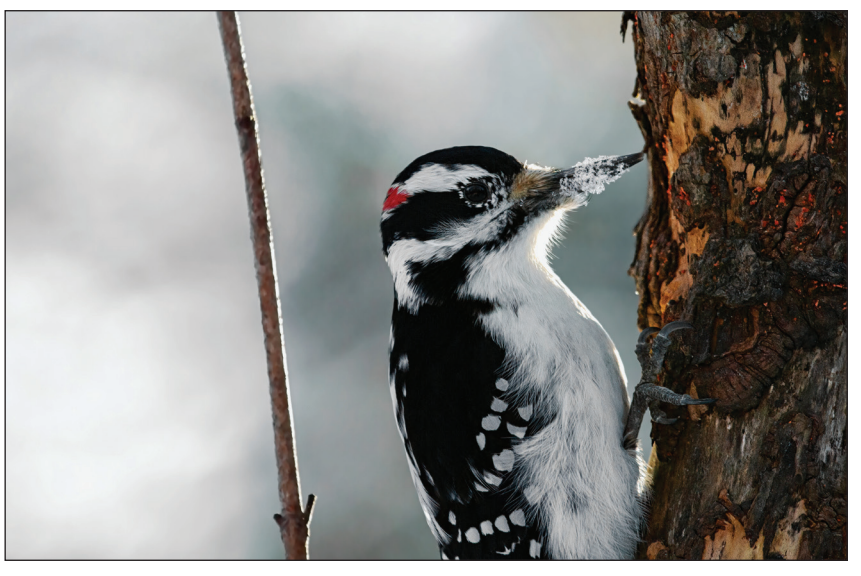
County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

Frost covers the rolling hills of the Highlands on a cold day. /Submitted by Michael Rayias

A "button buck" gets sprinkled with falling snow. /Submitted by Tammy Nash

Trees cast shadows on a frozen lake in the Highlands. /Submitted by Michael Rayias

A hawk perches atop a tree, waiting to find its next meal. /Submitted by Michael Rayias



A Hairy Woodpecker clings to the bark of a tree. /Submitted by Tammy Nash

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Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m.
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Jan 19: 2 to 6 p.m.
Jan 20: 2 to 9 p.m. Pool 2 p.m. Fish & Chips, Chicken Fingers & Fries 5 to 8 p.m.
Jan 21: 2 to 6 p.m. Meat draw 3 p.m.
Jan 22 to 24: Closed
Jan 25: 2 to 6 p.m. Darts 2 p.m. Everyone welcome!
Jan 28 Pat & Phylis Gallen memorial lake trout derby
If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.
Friday dinners are in jeopardy due to lack of volunteers. Janice S. needs to step back so if interested please reach out ASAP to help. Young people come out and show the elders how it's done!

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Tuesday, Jan. 24 @ 7:30 p.m.
vs Mississauga Chargers

Saturday, Jan. 28 @ 4:00 p.m.
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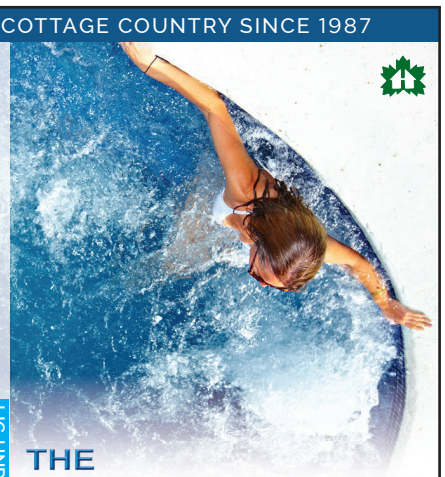

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The Haliburton County

TUESDAY, JANUARY 19, 2010

ECHO

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A cut above

Red Hawks junior hoopster Zach Cox rises above the fray and two St. Thomas Aquinas defenders in high school basketball action at the Hawks Nest last Tuesday afternoon. See story and more photos on page 15. Photo by Terrance Gavan.

SCHOOL BOARD DECISION

Full-day kindergarten skips county this year

JENN WATT
Editor

Eight schools across the school board will implement full-day kindergarten in September, but none of Haliburton County's schools will be participating.

The province is testing out the program, which will be available to 35,000 four- and five-year-olds in Ontario, but all four elementary schools in the Highlands fail to meet the education ministry's requirements.

"There were no schools chosen by the ministry for the first year of full-day learning. This is because of the guidelines set by the ministry," communications officer Jeanne Pengelly of Trillium Lakelands District School Board wrote in an email to the Echo.

According to Pengelly, Stuart Baker Elementary School has no extra space for the program, Archie Stouffer Elementary School already had an adjoining daycare (which disqualifies the school in this round), and both Cardiff and Wilberforce Elementary Schools were involved

See **All schools** *page 25*

HIGHLANDS EAST

Councillors frown at $1-million fire hall pricetag

ANGELICA BLENICH
Staff reporter

The following are brief reports of items discussed at Jan. 12 meeting of Highlands East council.

The county of Highlands East may be the recipient of a modern fire hall facility after an application for a million dollars in funding was submitted to the municipality on behalf of the fire department.

Despite the absence of fire chief Bill Wingrove, who was unable to attend the meeting due to pneumonia, the application was brought before the municipality to be signed and submitted before its due date of Jan. 18. The application, which originally requested $200,000 in funding for a new fire hall, had since been changed to a request of $1 million.

Deputy-reeve Jim Mackie was quick to address the jump in costs and the lack of plans that had been brought forward to the municipality.

"Going from $200,000 to one million just doesn't make sense to me," said Mackie. "No planning went into this, they're just saying 'hey, here's a chance to get money.'"

Councillor Suzanne Partridge suggested the municipality sign

See **Cost estimate** *page 12*

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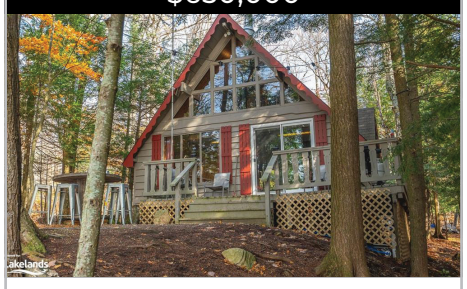

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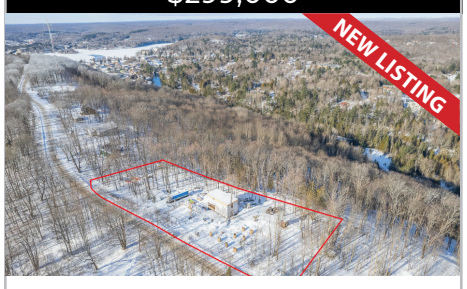

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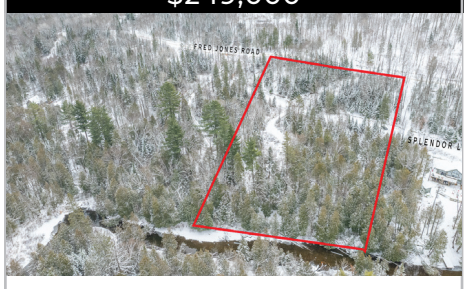

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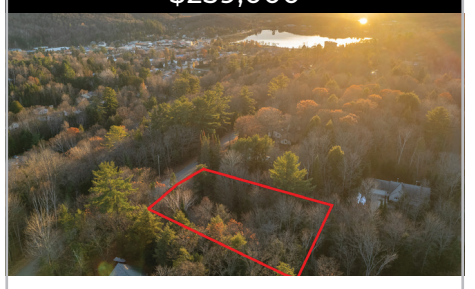

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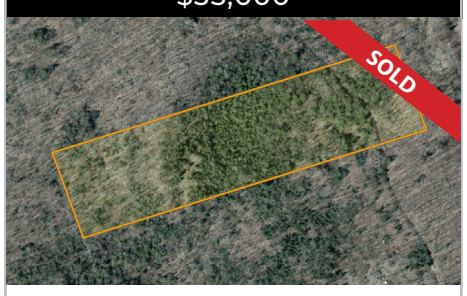

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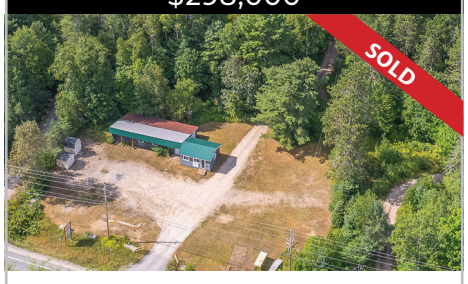

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